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| MALES |  | |  | |  | |  | | |  | |  | |  |
| Age group (years) | Folate  (μg DFE/d) | | Niacin  (mg NE/MJ) | | Riboflavin (mg/d) | | Thiamin (mg/MJ) | | | Vitamin A (μg/d) | | Vitamin B6 (mg/d) | | Vitamin C (mg/d) |
| 7–11 mo | 80\* | | 1.6 | | 0.4\* | | 0.1 | | | 250 | | 0.3\* | | 20 |
| 1–3 | 120 | | 1.6 | | 0.6 | | 0.1 | | | 250 | | 0.6 | | 20 |
| 4–6 | 149 | | 1.6 | | 0.7 | | 0.1 | | | 300 | | 0.7 | | 30 |
| 7-10 | 200 | | 1.6 | | 1.0 | | 0.1 | | | 400 | | 1.0 | | 45 |
| 11–14 | 270 | | 1.6 | | 1.4 | | 0.1 | | | 600 | | 1.4 | | 70 |
| 15-17 | 330 | | 1.6 | | 1.6 | | 0.1 | | | 750 | | 1.7 | | 100 |
| ≥ 18 | 330 | | 1.6 | | 1.6 | | 0.1 | | | 750 | | 1.7 | | 110 |
|  |  | |  | |  | |  | | |  | |  | |  |
| FEMALES |  | |  | |  | |  | | |  | |  | |  |
| Age group (years) | Folate  (μg DFE/d) | | Niacin  (mg NE/MJ) | | Riboflavin (mg/d) | | Thiamin (mg/MJ) | | | Vitamin A (μg/d) | | Vitamin B6 (mg/d) | | Vitamin C (mg/d) |
| 7–11 mo | 80\* | | 1.6 | | 0.4\* | | 0.1 | | | 250 | | 0.3\* | | 20 |
| 1–3 | 120 | | 1.6 | | 0.6 | | 0.1 | | | 250 | | 0.6 | | 20 |
| 4–6 | 149 | | 1.6 | | 0.7 | | 0.1 | | | 300 | | 0.7 | | 30 |
| 7-10 | 200 | | 1.6 | | 1.0 | | 0.1 | | | 400 | | 1.0 | | 45 |
| 11–14 | 270 | | 1.6 | | 1.4 | | 0.1 | | | 600 | | 1.4 | | 70 |
| 15-17 | 330 | | 1.6 | | 1.6 | | 0.1 | | | 650 | | 1.6 | | 90 |
| ≥ 18 | 330 | | 1.6 | | 1.6 | | 0.1 | | | 650 | | 1.6 | | 95 |
|  |  | |  | |  | |  | | |  | |  | |  |
| Pregnancy | 600 | | 1.6 | | 1.9 | | 0.1 | | | 700 | | 1.8 | | 105 |
|  |  | |  | |  | |  | | |  | |  | |  |
| Lactation | 500 | | 1.6 | | 2.0 | | 0.1 | | | 1300 | | 1.7 | | 155 |
|  |  | |  | |  | |  | | |  | |  | |  |
| Appendix 8a.6 PRIs for Vitamins. From: EFSA (European Food Safety Authority), 2017. Dietary reference values for nutrients: Summary report.  \* AI in the absence of PRI . AI data for Biotin, Choline, Cobalamin, Pentothenic acid, Vitamin D, and Vitamin K is also available. | | | | | | | | | | | | | | |
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